

## **SENIOR CORNER**

**Marsha Petrillo, Director – 508-278-8622**

**Susan White – Administrative Assistant 508-278-8622**

**Beverly Clarke, Nutrition Site Manager – 508-278-7609**

**Joe Rondeau, Transportation Coordinator - 508 – 278-8622**

**Mary Rice, Outreach Coordinator – 508-278-8638**

*The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of our senior citizens, to educate the community relative to those needs and to promote and implement services to help fill them. In addition, we serve as a resource center for our senior citizens, families in need and to our Community at large.*

Message from Marsha Petrillo, Director ~ Dear Reader: Life is precious and in an emergency situation every second counts. This month the Senior Center Staff and Eagle Scout, Chris Berthelette, together with the Uxbridge Fire and Police Departments will conduct a special “File of Life Community Campaign” throughout the week of August 11<sup>th</sup> through August 16<sup>th</sup>. Join us for a special lunch and learn session on Tuesday, August 12<sup>th</sup> beginning at 11:30 am. A member of the Uxbridge Police Department, Fire Department, Chris Berthelette, Eagle Scout and Senior Center staff will be on board to answer your questions and help you fill out your “File of Life” packets. We will also be on the Town Common on Saturday, August 16<sup>th</sup>. Call us at 508-278-8622 to make your reservations for this very important program.

For those of you who are unable to attend our lunch and learn or join us on the Town Common on August 16<sup>th</sup>, the following information describes the program, its benefits, and how you can request information from home:

The “File of Life” is a mimi-medical history filed in a red-alert plastic pocket with a magnetic back which holds the entire packet to the outside of your refrigerator. There is also a smaller “File of Life” card that you can personally carry in your wallet or purse. The “File of Life” packet allows our police, fire, EMT’s and medics to obtain a quick medical history when you are unable to offer one. The card is labeled “FILE OF LIFE”, in bold lettering and lists your name, emergency medical contacts, and insurance policy numbers. It also asks you to note your current health problems, medications, dosages, allergies, recent surgeries, religion, doctor’s name and a health care proxy. Your participation in this community campaign will be beneficial in many ways:

### **Benefits to police officers**

- ☐ Faster help for you in emergencies
- ☐ Maximum use of officer’s time.

### **Benefits to EMT's and Fire Personnel**

- ❑ Instantly know your medical history
- ❑ Corrective treatment can begin at once

### **Benefits to hospital emergency staff**

- ❑ On arrival, data is immediately available to medical staff
- ❑ No wasted time getting information from a confused patient

### **Benefits to YOU**

- ❑ Peace of mind knowing you have prompt and quality care
- ❑ Easy access to potentially life-saving information
- ❑ Assurance that proper persons will be notified quickly in an emergency
- ❑ Renewed sense of community spirit.

There is no cost for the "FILE OF LIFE" informational packet. If you have any questions regarding the "File of Life - Community Campaign" please call the Senior Center Director at 508-278-8622 for more information. To have "File of Life" and peace of mind, send your name and address to the Senior Center Director, 36 South Main Street, Uxbridge, MA 01569 and a "File of Life" packet will be mailed to you. In the future, we hope to have this information on our website. We urge you to fill out the file of life information, carry one on your person at all times and keep an updated File of Life on your refrigerator. Remember Reader, life is precious and every second counts. Help us, Help YOU!

### **Welcome Beverly Clarke, Tri Valley Inc., Uxbridge Nutrition Site Manager**

It is with great pleasure that I announce and welcome Bev Clarke to our Senior Center. Bev has been hired by Tri Valley Inc., to serve as new nutrition site manager. Her first official day was Monday, July 7<sup>th</sup>. Many of you know Bev from our pitch league on Monday nights and have come to know her as she volunteered to cover for us during the position vacancy period. She is an Uxbridge resident and recently retired from a long standing career at CK Smith. Our Center will benefit from Bev's caring and enthusiastic personality. Please join me in welcoming her to our Center. Bev can be reached M-F from 9:00 am to 1:30 pm at 508-278-7609. She will be happy to make your lunch reservations and to help you should you require home delivered meals.

### **A Very Sincere Note of Thanks...**

A warm, sincere note of thanks goes out to all those who helped to make our 3<sup>rd</sup> annual golf tournament a huge success this year. Your full sponsorships, tee sponsorships, donations, and gifts made all the difference in the world. We hope to see you all again next year! Congratulations to our first place winners: Superintendent, Dan Stefanilo, Dave Cogliandro, former Police Chief, Jack Creighton and Richard Scherer. Thank you Uxbridge Elderly Connection members, and to Linda Roberts for all your fine help gathering new sponsors, gifts and donations for our tournament this year. We would be lost without you and all your hard work on our behalf. To our ever-ready, always dependable, dear friend, Chief Bill Albin, our sincere thanks for video taping our event. We appreciate you and your skill. Once again, to Karl Kildahl, our sincere thanks for offering to chauffeur our cameraman. Our gratitude is extended to Jim Kane for all his help with the set up of the chicken barbeque and for his efforts with the overall coordination of the golf tournament. Thank you, Russ Rosborough, Pete DiBattista, and Pete Petrillo for your continued support of our Center. We appreciate your willingness to help make all of this happen year after year. Lastly, I want to thank Cindy and Kevin Bliss, Crystal

Lake Golf Club owners, for their kind hospitality and sunset lake cruise. A magnificent way to end a wonderful day!

### **Volunteer Appreciation**

This is a note of our sincere thanks for all the people with big hearts and high hopes who continue to give of themselves to our Senior Center. Because you give your very best, day in and day out, so much is accomplished. This month I particularly want to thank Mr. Richard A. Colahan for providing special keyboard music on Thursday and Friday afternoons. If you have not yet heard Richard, we invite you to come and enjoy a leisurely lunch among friends and listen to a wide variety of tunes offered up by Richard. Make a special musical request and sing along in a fun-filled atmosphere. Call Bev at 508-278-7609 to schedule your lunch. We look forward to meeting you!

### **DONATION REMINDER:**

The Upanishads, ancient scriptures of India, say, "If you want to be happy, be giving." If you would like to make a monetary donation to the Senior Center, we ask that you make all checks and money orders payable to: THE TOWN OF UXBRIDGE. Monetary donations, payable to the Town of Uxbridge, will be deposited weekly into our donations and gift account and will be used for a variety of purposes to help support your Senior Center.

If you would like to make a donation to our non-profit friends group, please make your check out to: The Uxbridge Elderly Connection, Inc. Thank You!

### **August 2008 Daily Menu** - \$2 Donation per meal - \$3.50 ages 59 and under:

- 8/1 Fiesta Fish
- 8/4 Beef & Bean Chili
- 8/5 Pot Roast Stew
- 8/6 Chicken Mornay
- 8/7 Seafood Salad
- 8/8 Omelet w/cheese sauce
- 8/11 Potato Crunch Fish
- 8/12 BBQ Chicken – "File of Life" Lunch n Learn today @ 11:30 am. Join Us!
- 8/13 Garden Swiss Steak
- 8/14 Hawaiian chicken
- 8/15 Italian Casserole
- 8/18 Ham w/maple glaze
- 8/19 Swedish Meatballs
- 8/20 Chicken Supreme
- 8/21 Lemon Pepper fish
- 8/22 Macaroni & Cheese
- 8/25 Chicken Salad, Potato Salad and Beet Salad
- 8/26 Kielbasa in roll
- 8/27 Spaghetti & Meatballs
- 8/28 Turkey Dinner

8/29 Teriyaki Chicken w/steamed white rice

Please call Bev, 48 hours in advance, @ 508-278-7609 to order your meal. Thank You.